



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01026, Cheese, mozzarella, whole milk

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Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 112g	1 oz 28.35g	6.0 slices 170g
Proximates							
Water ¹	g	50.01	6	0.118	56.01	14.18	85.02
Energy	kcal	300	--	--	336	85	510
Energy	kJ	1254	--	--	1404	356	2132
Protein ¹	g	22.17	6	0.182	24.83	6.29	37.69
Total lipid (fat) ¹	g	22.35	6	0.244	25.03	6.34	38.00
Ash ¹	g	3.28	6	0.030	3.67	0.93	5.58
Carbohydrate, by difference	g	2.19	--	--	2.45	0.62	3.72
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	1.03	--	--	1.15	0.29	1.75
Sucrose ¹	g	0.03	4	0.000	0.03	0.01	0.05
Glucose (dextrose) ¹	g	0.56	6	0.101	0.63	0.16	0.95
Fructose ¹	g	0.15	3	0.000	0.17	0.04	0.26
Lactose ¹	g	0.07	6	0.000	0.08	0.02	0.12
Maltose ¹	g	0.08	4	0.000	0.09	0.02	0.14
Galactose ¹	g	0.15	3	0.000	0.17	0.04	0.26
Minerals							
Calcium, Ca ¹	mg	505	6	2.838	566	143	858
Iron, Fe ¹	mg	0.44	6	0.084	0.49	0.12	0.75
Magnesium, Mg ¹	mg	20	6	0.154	22	6	34
Phosphorus, P ¹	mg	354	6	2.581	396	100	602
Potassium, K ¹	mg	76	6	2.206	85	22	129
Sodium, Na ¹	mg	627	6	11.119	702	178	1066

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 112g	1 oz 28.35g	6.0 slices 170g
Zinc, Zn ¹	mg	2.92	6	0.074	3.27	0.83	4.96
Copper, Cu ¹	mg	0.011	6	0.011	0.012	0.003	0.019
Manganese, Mn ¹	mg	0.030	6	0.002	0.034	0.009	0.051
Selenium, Se ¹	µg	17.0	3	0.524	19.0	4.8	28.9
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0
Thiamin ¹	mg	0.030	6	0.000	0.034	0.009	0.051
Riboflavin ¹	mg	0.283	6	0.002	0.317	0.080	0.481
Niacin ¹	mg	0.104	6	0.010	0.116	0.029	0.177
Pantothenic acid ¹	mg	0.141	3	0.004	0.158	0.040	0.240
Vitamin B-6 ¹	mg	0.037	3	0.000	0.041	0.010	0.063
Folate, total ¹	µg	7	3	0.000	8	2	12
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	7	3	0.000	8	2	12
Folate, DFE	µg	7	--	--	8	2	12
Choline, total	mg	15.4	--	--	17.2	4.4	26.2
Vitamin B-12 ¹	µg	2.28	6	0.064	2.55	0.65	3.88
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	179	--	--	200	51	304
Retinol	µg	174	--	--	195	49	296
Carotene, beta	µg	57	--	--	64	16	97
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	676	--	--	757	192	1149
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	0.21	0.05	0.32
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.4	--	--	0.4	0.1	0.7
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	0.4	0.1	0.7
Vitamin D	IU	16	--	--	18	5	27
Vitamin K (phylloquinone) ¹	µg	2.3	2	--	2.6	0.7	3.9

Lipids

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 112g	1 oz 28.35g	6.0 slices 170g
Fatty acids, total saturated	g	13.152	--	--	14.730	3.729	22.358
4:0	g	0.805	1	--	0.902	0.228	1.369
6:0	g	0.446	1	--	0.500	0.126	0.758
8:0	g	0.257	1	--	0.288	0.073	0.437
10:0	g	0.582	1	--	0.652	0.165	0.989
12:0	g	0.690	1	--	0.773	0.196	1.173
14:0	g	2.189	1	--	2.452	0.621	3.721
16:0	g	5.331	1	--	5.971	1.511	9.063
18:0	g	2.442	1	--	2.735	0.692	4.151
Fatty acids, total monounsaturated	g	6.573	--	--	7.362	1.863	11.174
16:1 undifferentiated	g	0.597	1	--	0.669	0.169	1.015
18:1 undifferentiated	g	5.649	1	--	6.327	1.601	9.603
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.765	--	--	0.857	0.217	1.301
18:2 undifferentiated	g	0.393	1	--	0.440	0.111	0.668
18:3 undifferentiated	g	0.372	1	--	0.417	0.105	0.632
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol ¹	mg	79	6	3.649	88	22	134
Amino Acids							
Tryptophan ²	g	0.515	--	--	0.577	0.146	0.875
Threonine ²	g	0.983	--	--	1.101	0.279	1.671
Isoleucine ²	g	1.135	--	--	1.271	0.322	1.929
Leucine ²	g	1.826	--	--	2.045	0.518	3.104
Lysine ²	g	0.965	--	--	1.081	0.274	1.640
Methionine ²	g	0.515	--	--	0.577	0.146	0.875
Cystine ²	g	0.115	--	--	0.129	0.033	0.196
Phenylalanine ²	g	1.011	--	--	1.132	0.287	1.719
Tyrosine ²	g	1.043	--	--	1.168	0.296	1.773

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 112g	1 oz 28.35g	6.0 slices 170g
Valine ²	g	1.322	--	--	1.481	0.375	2.247
Arginine ²	g	0.515	--	--	0.577	0.146	0.875
Histidine ²	g	0.515	--	--	0.577	0.146	0.875
Alanine ²	g	0.707	--	--	0.792	0.200	1.202
Aspartic acid ²	g	1.633	--	--	1.829	0.463	2.776
Glutamic acid ²	g	4.458	--	--	4.993	1.264	7.579
Glycine ²	g	0.515	--	--	0.577	0.146	0.875
Proline ²	g	2.351	--	--	2.633	0.667	3.997
Serine ²	g	0.735	--	--	0.823	0.208	1.250
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4a, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD